



Divine Science Federation International

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Spirit in Action

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Quotes used in November reflections come from:

A Course in Miracles – a system of metaphysics & spiritual psychology

Bhagavad Gita – Hindu sacred text

Bible – literature considered, in whole or in part, sacred to Catholics, Eastern Orthodox, Protestants, & Jews

Carla Dawson – composer, actor, writer, teacher & minister

Christian D. Larson – writer of The Optimist’s Creed

Christopher Ian Chenoweth – Unity minister & “positive Christianity” proponent

Eckhart Tolle – spiritual teacher & self-help author

Fannie James – Divine Science pioneer and sister of Nona Brooks; 2nd president of the Divine Science College in Denver

Helen Zagat – author of *Faith & Works*; Divine Science minister for over 30 years

Jack Holland – scholar of Business Management. Ordained minister (both Divine Science & Religious Science)

Martin Luther King, Jr. – minister & civil rights icon

Martha Dawson – reflections can be found *The DSFI At-One-Ment Daily Studies in Divine Science*

Morris Lichtenstein – co-founder of Society for Jewish Science (a new thought spiritual community)

Neville Goddard – mystic who viewed the bible as a parable of the human psyche

Nona Brooks – one of the founding voices and longtime leader of the Divine Science movement

Rumi – Sufi poet

Terry Cole-Whittaker – New Thought minister

DIVINE SCIENCE LEADERS TO CELEBRATE IN NOVEMBER

Taken from Sunshine Cathedral calendar of spiritual heroes

Daisy Baum (1856 – 1923) – an early teacher of and writer about Divine Science. She personally overcame an anxiety disorder through the principles of New Thought healing. The following is from a prayer from her book, *Individual Responsibility*: “[God], **I acknowledge thy loving goodness everywhere, even within myself. Thou art the Life that animates me. Thou art the Power that sustains me. Thou art the Wisdom that heals me. Thou art the Love that surrounds me. I rest in, and trust thy unfailing Intelligence to guide me in all my ways...**”

Helen Zagat (1893 – 1975) – Helen Zagat is the author of the classic text, *Faith & Works*. A graduate of Barnard College and a former modern dancer, she became a Divine Science minister and was the pastor of the Church of Divine Unity in NYC. Her ministry spanned more than 30 years. She wrote, “**In our awareness of God as Omnipresence, we feel that Spirit cares for each one of us. We are never alone.**” She stressed 5 attributes of God: Life, Wisdom, Love, Power, & Substance.

OTHER NEW THOUGHT LEADERS TO CELEBRATE IN NOVEMBER

Taken from Sunshine Cathedral calendar of spiritual heroes

Agnes Sanford (1897 – 1982) - the daughter of Presbyterian missionaries and the wife of an Episcopal priest. She became a world renown healer, and taught that the bible was more than information...it contained the energy of faith which could work miracles. She believed that healing was possible if we would “pray down” our doubts and expect something good to happen. Sanford acknowledged that effective prayer principles were universal, not limited to any one religion and she firmly believed that “experience comes before theology.” Visualizing success, affirming our Good, giving thanks for our Good, imagining healing energy flowing

through us, and quoting affirmative bible verses were among the prayer techniques she offered. She believed the return of Christ had happened at Pentecost, and that Christ continues to return every time we extend love, kindness, or forgiveness in our world. Though her background was Protestant and her theology was very compatible with the **New Thought** movement, she also had charismatic experiences.

C. Alan Anderson (1930 – 2012) – held a PhD in Philosophy from Boston University. His doctoral dissertation was titled, “Horatio W. Dresser and the Philosophy of New Thought.” He developed what is believed to be the first New Thought website. He wrote *God in a Nutshell*, *The Problem is God: The Selection & Care of Your Personal God*, and with his wife (Dr. Deb Whitehouse), *New Thought: An American Spirituality*.

Charles Haanel (1866 – 1949) – author of *The Master Key System*, a book that laid out principles that Napoleon Hill credited with helping him succeed in his work. Haanel taught: **“There is a world within — a world of thought and feeling and power; of light and life and beauty; and, although invisible, its forces are mighty.”** Haanel is quoted in the popular self-help book, *The Secret*.

Napoleon Hill (1883 - 1970) - Self-help guru and personal development expert, Hill was inspired by Dale Carnegie and Charles Haanel. Hill was an advisor to Presidents Woodrow Wilson and Franklin D. Roosevelt. Hill believed fear and selfishness contribute to failure. He was one of the thinkers who inspired Norman Vincent Peale. His books include *The Law of Success*, *Think and Grow Rich*, and *Success Through a Positive Mental Attitude*. Hill believed, **“Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.”** His most famous saying may be, **“Whatever your mind can conceive and believe, [it] can achieve, regardless of how many times you have failed in the past.”**

Ralph Waldo Trine (1866 – 1958) – philosopher and New Thought author lived to the age of 92. Attended the University of Wisconsin and earned a Master of Arts degree from Knox College. Taught at Emerson College and influenced E. W. Kenyon, the father of the “Word of Faith” movement. Trine was influenced by Emerson and Emmet Fox, and his principles were echoed by Napoleon Hill. Trine taught, **“Never affirm or repeat about your health what you do not wish to be true.”** He also counseled: **“To get up each morning with the resolve to be happy...is to condition circumstances instead of being conditioned by them.”**

OTHER PHILOSOPHERS TO CELEBRATE IN NOVEMBER

Taken from *Sunshine Cathedral* calendar of spiritual heroes

Baruch Spinoza (1632 – 1677) - born in Amsterdam because his father had been exiled from Portugal. He was a student of the Jewish Talmud and the Torah, as well as of Kabala. Spinoza was also influenced by Maimonides and Descartes. A pantheist, he believed God to be the very Substance of the Universe. He also challenged people to think in abstract ways, saying, **“God is not only the process of thinking, God is also the thought itself.”**

George Hegel (1770 – 1831) - a German philosopher and believer in Oneness who developed the dialectic process of thought: Thesis, Antithesis, and Synthesis. He believed that in thinking we develop a thesis, then question it and develop its opposite, and finally put the two together to form a unity. The whole concept is of course greater than any of its individual parts. Synthesis always transcends dichotomy. It is the idea that is absolute, or real...only the idea is really real. He also believed in the unity of spirit and matter, of the divine and human. He wrote, **“God is the system of relationships in which all things move and have their being and their significance. In [humans], thought, realizing itself as part of the absolute, transcends individual limitations and purposes and catches underneath universal strife the hidden harmony of all things.”**

James Allen (1864 – 1912) – best known for his book *As A Man Thinketh*, which has been mass produced since its original publication in 1903. His work is still lauded by motivational speakers and inspirational writers. Allen counseled: **“[One’s] mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild.”**

“PRAYER IN DIVINE SCIENCE” (excerpt)
from *New Thoughts on Old Doctrines* (1918)
by W. John Murray

Jesus...thanked God in advance for his blessings...Jesus says, “Whatsoever things ye desire when ye pray, believe that ye receive them, and ye shall have them.” For this text I never found any satisfactory explanation in Old Thought. When I pray, I am to believe that I receive what I desire. Why pray then? Why pray if I believe that I have already received what I desire?

In the Old Testament we read, “Before they call I will answer; and while they are yet speaking, I will hear.” These are mystical statements.

Jesus spoke in parables, and here are...with no convenient Jesus to interpret them. But Divine Science is penetrating beneath the surface of these marvelous words of the Master and discovering in some degree at least their hidden content. In Old Thought we pray for blessings to a far-away God, which blessings are to be imported to us from a place outside of ourselves, a far-away heaven. We beseech God to be merciful, tender and compassionate, when it is not the nature of God to be otherwise. We want God to shower blessings on us, to give us health and strength and wealth, always believing that these are to come from outside of ourselves, never believing that we have already received them as the soil receives the seed of the oak that is to be; never really understanding that it is within our power to work out our own salvation.

And when I say work out, I mean that our salvation is within; otherwise, we could not work it out. Most of us have tried to work it in, as we work in an oil by embrocation. What we have to do is to work it out, to feel conscious that within us is the power to overcome sin, sickness, poverty, disease and even death itself. And so it is that we have gone on and on for centuries praying to an absentee God to work out our salvation for us.

In Divine Science we no longer petition, we no longer supplicate, but this does not mean that we no longer pray. A young minister once said of us that we are “a prayerless people;” because we no longer repeat litanies and rosaries, or make genuflections or go through the rites and ceremonies the older churches teach. We are not a prayerless people, though we are a people who no longer indulge in formulae. If he knew us better, he would not say that we are a prayerless people, but rather that we pray without ceasing, that we are constant in prayer, that we are constantly affirming the omnipotence, omniscience and omnipresence of God, for it is the affirmation of [our] unity with [our] maker. And I take it that this was the prayer of Jesus—the deep and persistent affirmation of [humanity’s] unity with God.

DAILY PRAYER TREATMENTS FOR NOVEMBER

Daily Prayer Treatment for November 1 by Rev. Dr. Durrell Watkins

“You are not IN the universe; you ARE the universe. . . You are. . . a focal point where the universe is becoming conscious of itself. What an amazing miracle.” Eckhart Tolle

I am part of the universe. I am one of the ways the universe is aware of itself. I am an expression and experience of the universe. What power, what hope, what possibilities exist for me; and so it is that I rejoice. Amen.

I am the universe. The universe is me.

Daily Prayer Treatment for November 2 by Rev. Dr. Durrell Watkins

“Heaven is wherever God is, and God is everywhere.” Nona Brooks

God is where I am. God is where my loved ones are, wherever they may be in this world. God is not limited to this world, and so God is with my departed loved ones and with the ancestors and with the heroes of old. There’s not a spot where God is not; there’s not a time that God is not. God is everywhere. Heaven is everywhere. No one is left out of heaven, because no one can be beyond the love of God. Alleluia!

Today, Heavenly grace attends me and all who are dear to me. And so it is.

Daily Prayer Treatment for November 3 by Rev. Dr. Durrell Watkins

“Old resentments and hatreds have no place in my present life and are not part of the person I am now.” Carley Dawson

I am healing from past disappointments, past mistakes, past hurts. I release the shame, the fear, the regret that once held me back. Hatred can no longer hurt me. The past is behind me. Joyful memories and beneficial lessons are all it offers me now. I am free to move forward with joy and peace. Now and forever Love paves my way. And so it is.

The past is past. The present is pleasing. The future will be fabulous.

Daily Prayer Treatment for November 4 by Rev. Dr. Durrell Watkins

“Instead of worrying [about someone], say in prayer: ‘I place you in God’s keeping. I trust God to bless you in perfect ways.’” Christopher Ian Chenoweth

Dear God, I think of loved ones today, and trust you to bless them in perfect ways.
I think of people I’ve seen or heard about or read about who are facing difficulties, and I ask you to bless them in perfect ways.

I think of leaders, teachers, helpers and healers, and I know that you are blessing them in perfect ways.
Whoever crosses my path, my mind, or my heart today, may they be blessed in perfect ways. Amen.

I trust God to bless us all in perfect ways.

Daily Prayer Treatment for November 5 by Rev. Dr. Durrell Watkins

“...God is my very breath and life.” Fannie James

God is life, which is really too expansive, too vast, too mysterious to adequately describe. Still, I somehow know that God is life, and that means God is my life, and that means all that God is, is available to me, and all that I am must be part of God. God is all-in-all and this Truth brings me abiding peace, abundant joy, and an expectation of great good. And so it is.

God is life. God is my life.

Daily Prayer Treatment for November 6 by Rev. Dr. Durrell Watkins

“Eternal God...Help us to seek that which is high, noble, and Good.” Rev. Dr. Martin Luther King, Jr.

“I believe; help my unbelief” we read in Scripture. What a perfect prayer. I believe, or at least I wish to believe or try to believe or am willing to believe in the Good, in Omnipresence, in possibilities, in the power of prayer...and yet, sometimes doubts creep in, or I even argue for what I don’t want, assuming the difficult to be more real than the divine. What I have in my head doesn’t always take root in my heart. So, I pray: I believe; help my unbelief!

I am willing and ready to let the divine Idea take root in my heart and to be made manifest in my experience. With head and heart in harmony, miracles are on the way!

Help me to seek what is Good.

Daily Prayer Treatment for November 7 by Rev. Dr. Durrell Watkins

“You are what you believe in. You become that which you believe you can become.” Bhagavad Gita

What I believe to be true, what I set my heart on, what I fill my thoughts and feelings with, that is what I am bound to experience, and that is what I am becoming. Daily I commit to believing in the Good, and in my innate goodness, and in a world filled with love and hope. As I believe, so I am.

I believe in God.

Daily Prayer Treatment for November 8 by Rev. Dr. Durrell Watkins

“God gives all that God is to each of us.” Nona Brooks

There is one Presence, one Power and It is Love, Wisdom, and the very fabric of Life. We call It “God” and It is the All-in-all. The one All gives all to all, for It is our Source and Substance. Today, I know that I am blessed, for I Am part of that which is divine. I am an expression of divinity. I am how the Universe knows itself. I am filled with unlimited Goodness. I rejoice as I declare that all is well.

All is well.

Daily Prayer Treatment for November 9 by Rev. Dr. Durrell Watkins

"Each person is born with an infinite power, against which no earthly force is of the slightest significance."
Neville Goddard

As a pianist discovers her talent, and then learns to develop it, apply it, and become greater and greater at expressing it, so it is that I am discovering, honing, and learning to express better the Power that is within me. The Power is always there, waiting only for my recognition and for my willingness to work with it ever more effectively.

I give thanks to and for the Power within me.

Daily Prayer Treatment for November 10 by Rev. Dr. Durrell Watkins

"True prayer is really the practice of the presence of God." Helen Zagat

When I am aware of the divine Presence, I know in those sacred moments that all is well. I sense my unity with the Intelligence of the Universe. I know that there is one Life that is expressing through and as my life. I know that infinite Wisdom is available to me. I know that Love enfolds me and will never forsake or abandon me. In such moments of realized wholeness, there is joy and peace and trust. When I am aware of the Presence, I am aware that I am immersed in a sea of unlimited Good. Alleluia.

I am in, filled with, and enfolded by God, the Good.

Daily Prayer Treatment for November 11 by Rev. Dr. Durrell Watkins

"...God endowed [humankind] with the power to pray so that through it [we] may find relief from all [our] difficulties and ailments." Rabbi Morris Lichtenstein

Prayer works. When I go within to experience the sacred silence that is always available to me, my fears begin to fade, words of wisdom come to mind, possibilities present themselves, a sense of a loving presence enfolding me is experienced. Other blessings may follow, but even before major breakthroughs or achievements occur, in the very moment of prayer there is relief, comfort, and the remembrance that I am not alone. I depend on and give thanks for the power of prayer.

In your presence, God, I trust that all is well. Amen.

Daily Prayer Treatment for November 12 by Rev. Dr. Durrell Watkins

"The Lord is my light and my salvation." Psalm 27

God, I give thanks that you deliver me from needless worry.
I am thankful that you lift me out of the temptation to fear the worst.
I rejoice that you heal my wounded sense of a diminished self.
You are my helper, healer, and the source of my hope. Amen.

God is my light and salvation.

Daily Prayer Treatment for November 13 by Rev. Dr. Durrell Watkins

“Today is the day to shed worry of every sort. If I am concerned about [myself or others], I turn to my [God] and release these concerns into [God’s] hands...I feel God’s presence beyond understanding taking charge in my life.” Martha Dawson

Some experts have observed that about 4/5 of what we worry about isn’t necessary. We worry about what has already occurred, or about things we can’t change, or about things that have not yet happened (and may not ever happen). Most of what we worry about is simply a way to rob our own energy and joy. When there is a challenge, I will have the resilience, courage, and wisdom to face it. At all times, I can access the blessed peace that is my divine inheritance.

Dear God, heal my fears and lead me in paths of success, abundant living, and true happiness. Amen.

Daily Prayer Treatment for November 14 by Rev. Dr. Durrell Watkins

“Promise yourself...to make all your friends feel that there is something in them.” Christian D. Larson

Love isn’t just words we are “supposed” to say, nor is it merely a warm feeling. Sometimes love sneaks up on us, but we can always choose to be loving, and love expressed looks like patience, generosity, kindness, compassion, empathy, encouragement, affirmation, trust, and wishes for one’s well-being. Of course we love our friends and when we show our love, they actually experience the love of God. Love is always a blessing.

I am thankful for my loved ones. I will share love today.

Daily Prayer Treatment for November 15 by Rev. Dr. Durrell Watkins

“Promise yourself...to think only of the best, to work only for the best, and to expect only the best.” Christian D. Larson

Today, I think the best of myself. I see good in others. I look for blessings all around me.

I remember that there is Good for me and nothing can separate me from my Good.

Today, I work with an awareness that my efforts can lead to great things. I perform my tasks with confidence that all that I do, I do well.

Today, I expect blessings. I expect miracles. I expect joy. I expect to laugh and to be grateful and to feel loved and know that I deserve the best in life.

Today is a good day...a day full of bests!

I expect the best.

Daily Prayer Treatment for November 16 by Rev. Dr. Durrell Watkins

“Promise yourself...to be just as enthusiastic about the success of others as you are about your own.” Christian D. Larson

There is enough joy, success, abundance, love, and creativity to go around. When one person is blessed that in no way limits my blessings. The Universe is abundant and offers each of us lavish supply and opportunity. When others do well, I rejoice for them. When others are blessed, it is a reminder that blessings are ever at hand.

There are blessings to go around.

Daily Prayer Treatment for November 17 by Rev. Dr. Durrell Watkins

“Promise yourself...to forget the mistakes of the past and press on to the greater achievements of the future.”
Christian D. Larson

I release regret. I banish shame. The past has no power over me. The past is done and the future is mine to create. In this moment, in this NOW moment, there is every possibility, every opportunity, every blessing I need. Before me, now, is an open door to miracles. I let go of the weight of the past and look forward with joyful expectation to all the goodness that waits for me.

“...the past is past and the future has infinite possibilities.”
Sunshine Cathedral affirmation

Daily Prayer Treatment for November 18 by Rev. Dr. Durrell Watkins

“How much greater a world it could be if we truly all made an attempt to live by the Golden Rule; but perhaps we should interpret the Golden Rule as ‘think about others as you would have them think about you.’ Would not all attitude then be of a positive nature?” Jack Holland

Treat others as you would like to be treated. Think of others as you would wish others to think about you. Love others as you would like to be loved. It’s all the same message, isn’t it? We are all connected; what we do for others we do for ourselves, and what we do for ourselves we are doing for the world. We’re all together, part of one shared Life, and when we remember this, we treat everyone as a divine Spark of the Eternal Flame.

I deserve to be loved. Everyone does. And so it is that I am loving. Amen.

Daily Prayer Treatment for November 19 by Rev. Dr. Durrell Watkins

"God is in everything I see." A Course in Miracles

The hum of life. The song that has touched every heart.
Eternity having an experience in time. The light that needs neither flame nor sun.
The embrace that is not limited to arms. The field of unlimited potentiality.
Lifeforce energy.
Love that can never be what it’s not and that can never give other than what it is.
Hope, courage, wisdom, goodness, truth, abiding peace.
Creative impulse, creative action, and resulting creation.
All of this is just some of what I mean when I say, “God.”
God is more than words can explain, but I know It to be omnipresent, and I know It to be in everything I see.

God is All-in-all.

Daily Prayer Treatment for November 20 by Rev. Dr. Durrell Watkins

“The same Power that dwelt in Jesus dwells in us.” Fannie James

You dwell within me, God, and I in you. Amen.

There is but one Power.

Daily Prayer Treatment for November 21 by Rev. Dr. Durrell Watkins

“The universe is not outside of you. Look inside yourself; everything that you want, you already are.” Rumi

Within me is a deep Well of Blessings, and I draw from the Well each day.

My Good comes from God and cannot be kept from me.

Daily Prayer Treatment for November 22 by Rev. Dr. Durrell Watkins

"So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it." Isaiah

In the name of the Consciousness of Christ, I affirm hope and healing, peace and power, joy and justice for my life and for my world. Amen.

My word has power.

Daily Prayer Treatment for November 23 by Rev. Dr. Durrell Watkins

“I realize that I am created of God’s substance, that I am not only of the earthly but of ‘star-stuff.’ How marvelous I am!” Martha Dawson

As I explore my Source, I discover more about myself. God is the ground of being and I as trust God more, I appreciate and value myself more. Thanks be to God.

I am a divine expression.

Daily Prayer Treatment for November 24 by Rev. Dr. Durrell Watkins

“I am Strength and Understanding. I am Light. I am that I am. I am Mind, I am Idea, I am Consciousness. I am all Wisdom within myself, for my self is God’s Divine Idea.” Fannie James

God is Love. God is omnipresent. The loving presence of All Good is my foundation, my source, my Truth. Love is what I am, what I have to give, what I deserve, and what I must experience. Thanks be to God.

God is. I Am. Amen.

Daily Prayer Treatment for November 25 by Rev. Dr. Durrell Watkins

“There is no lack in the universe. God fills it all. There is no need of anything. There is no ignorance. Mind has no lack in It, and All is Mind.” Fannie James

All that God has is already mine. God withholds nothing good from any of us. Fill my cup, Lord! I will continue to hold it out until it is overflowing. Thank you, Mother-Father God. Amen.

God fills the universe.

Daily Prayer Treatment for November 26 by Rev. Dr. Durrell Watkins

“There is nothing to be afraid of. Light fills all – for Light is God. Understanding is all in all. I live, move and have my being in Light. I express perfect understanding. I am Light, in Mind, in thought, and in body...I am satisfied now. I am filled full of the Fullness that filleth all.” Fannie James

The Light of God fills me, shines through me, guides me, and shows me the blessings that are mine by right of consciousness. And so it is.

Divine Light shines in my life.

Daily Prayer Treatment for November 27 by Rev. Dr. Durrell Watkins

“I am love, for God is Love. I am peace, for God is Peace. I am understanding, for God is Understanding. I am not afraid.” Fannie James

I am part of God. I am in God. God indwells me. What God is, I Am. Where I am, God is. And so it is that I have peace, courage, hope, and joy. All is well, for God is All-in-all.

I reject fear and embrace peace.

Daily Prayer Treatment for November 28 by Rev. Dr. Durrell Watkins

“Good thinking comes from Good Being, and good doing results from good thinking. I cannot make myself good by acting good! I must begin where all things begin, in Being. See the truth of my Being. I am Good, is first; I think good, follows; I act and speak good, is the result.” Fannie James

I don't need to make myself “good”...my essence is good because my essence is divine. I am part of God, The Absolute Good. To know my goodness leads to focusing on and celebrating my goodness. When Goodness fills my thoughts, it then is expressed in word and deed. Goodness is, and my expression of It flows easily from my recognition of It as my Truth.

My being is Good.

Daily Prayer Treatment for November 29 by Rev. Dr. Durrell Watkins

“I am spirit, and am manifest in soul and body.” Fannie James

One Power. One Presence. One Principle. One Substance. This One is Spirit. All that is, is Spirit. I am Spirit having a physical experience. I am part of a spiritual universe governed by spiritual laws. My body is a manifestation; my life, my truth, my being is Spirit.

I am spirit.

Daily Prayer Treatment for November 30 by Rev. Dr. Durrell Watkins

“Let us deny separateness, and declare oneness.” Fannie James

Since there is One Life, One Power, One Presence, One Substance, One Web of existence, One All...I am forever part of the One, and connected to everything else that is part of the One, which everything that is or has been or will be. I can never be separate from my Source. I deny separateness and declare oneness.

I am one with God, one with all that is.



God is all, both invisible and visible,
One Presence, One Mind, One Power is
All.

This One that is all is perfect life,
perfect love and perfect substance.
[I am] the individual expression of God
and [am] ever one
with this perfect life, perfect love and
perfect substance.